



PARKS & RECREATION

Town of LaGrange Parks & Recreation Department

120 Stringham Road

LaGrangeville, NY 12540

845-452-1972 www.lagrangeny.org

Changing Lives...Inspiring Play...Fostering Teamwork!

FREEDOM LAKE: GENERAL SWIMMING RULES AND REGULATIONS

- Swimming allowed in designated areas when lifeguard is on duty.
- Maximum water capacity is 525 persons.
- All persons swimming must have and show proper lake pass each day upon arrival at gate.
- A responsible adult, age 18 and up, must accompany children under 15. Age 15 and up may attend lake unsupervised with proper pass.
- Flotation devices are not permitted.
- Bathers not meeting deep water requirements must stay in shallow area along beach (less than 4')
- No alcoholic beverages allowed. No glass bottles or containers allowed.
- One person at a time on slide. Slide users must wait for previous person to be clear.
- Slide users must be at least 32 inches tall.
- Slide users must go down slide feet first and in sitting position.
- When climbing down slide, user must face the slide.
- No sitting or hanging on ropes.
- Smoking allowed only in designated area.
- Keep clear of boat area and in front of lifeguard chairs.
- Animals are not allowed with the exception of service dogs.
- No profanity. No loud music.
- Fishing is not permitted.
- Non toilet trained children must wear protective swim diapers. Regular diapers are prohibited.
- Changing or disrobing permitted in bathrooms only. This includes changing of diapers.
- All swimmers must wear bathing suits.
- All instructions of lifeguards and park staff will be followed or patron will be ejected and possibly lose future use privileges.
- Freedom Lake will close at the discretion of the waterfront staff when weather or water conditions are undesirable or unsafe. **No refunds will be given.**



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FREEDOM LAKE: DEEP WATER RULES AND REGULATIONS

- Children 7-12 years old must pass a deep water swim test each year before entering the water area including U dock, deep water slide and diving board. Requirements: crawl stroke one U dock length, tread water 1 minute, and backstroke unassisted with convincing technique and stamina.
- Deep water test given daily at 1:30pm and 4:00pm. Times subject to change. Check with lifeguard staff. Test will only be given once per person on any given day.
- Children under 7 are not permitted in deep water.
- Individuals of **ANY** age viewed to be an incapable swimmer by a lifeguard may not enter the deep water area until passing a subsequent deep water swim test.

DEEP WATER SLIDE

- ⇒ Deep water slide is limited to when a lifeguard is on duty at the slide, guard chair or on the rescue board in front of slide.
- ⇒ All general swimming for slide safety are to be followed.

DIVING BOARD

- ⇒ One bounce only.
- ⇒ Straight forward dives or jumps only.
- ⇒ Only one person allowed on board at a time.
- ⇒ Diver must wait for previous diver to move completely out of the way.

RAFT

- ⇒ No back flips or back dives.
- ⇒ No pushing or running.
- ⇒ No diving/jumping over the railing seats.
- ⇒ No swimming under the raft.

U DOCK

- ⇒ Public use of the U dock swim lanes are for experienced, serious users.
- ⇒ Priority of the U dock lanes is for pre-registered swim instruction and Swim Team.
- ⇒ No swimming under the U dock.
- ⇒ No pushing or running.